



PHS Practical Revision Tips

February 2024

Do Now:

Good evening. Thank you so much for attending this session.
the aim is to share with you some practical information and advice about revision.

To start that process we're asking you to revise 'Barack Obama' please.

In your table teams, please could you read through the fifteen Barack Obama facts on the A3 sheet and identify which five of the facts are not true.

We'll share answers in **8 minutes**.

Thank you.



Barack Obama earned a degree in political science in 1983.

In his father's hometown, in Kenya, a multi-storey car park was renamed after Barack Obama.

Barack Obama signed the Lilly Ledbetter Fair Pay Act to combat pay discrimination against women.

Barack Obama improved school nutrition with the passing of the Healthy Hunger-Free Kids Act.

Barack Obama's name has a special meaning. The name Barack means "one with the shouting voice" in Swahili.

Barack Obama implemented policies ensuring the expansion of embryonic stem cell research leading to ground-breaking work in areas including spinal injury treatment and cancer.

Barack Obama ended the war in Iraq: in 2010 President Obama declared an end to the seven-year American combat mission in Iraq.

Barack Obama had the White House tennis court transformed into a beach volleyball court.



Barack Obama was honoured with the Nobel Peace Prize in 2009. It was awarded for his "extraordinary efforts to strengthen international diplomacy and cooperation between peoples"

Barack Obama hasn't liked ice cream since his first job: working at Baskin-Robbins as a teenager growing up in Hawaii.

Barack Obama improved healthcare for millions of Americans. He introduced the Affordable Care Act (ACA), which was nicknamed Obamacare and meant the poorest in the country would be able to have healthcare.

Barack Obama led the rescue of America from 'the Great Recession', cutting the unemployment rate from 10% to 4.7% over six years.

Before becoming an Illinois state senator, Obama worked as a civil rights attorney, community organizer, lecturer and professor.

Barack Obama won two Grammy music awards in 2007 for his R&B cover versions of Queen's 'Crazy Little Thing Called Love' and Nirvana's 'Smells Like Teen Spirit'.

Obama never drinks coffee. He likes black forest berry iced tea but, curiously, his favourite 'soda' is Irn Bru a legacy of presidential trips to Gleneagles in Scotland.

Young Obama once ventured into modeling. Whilst still studying at Harvard when he 'auditioned' to be featured in a pin-up calendar but got a rejection from the all-female committee.

In his father's hometown, a school was renamed after Barack Obama.

Barack Obama's name has a special meaning. The name Barack means "one who is blessed" in Swahili.

He transformed the White House tennis court into a basketball court.

Obama has won two Grammys for "Dreams From My Father" in 2005 and "The Audacity Of Hope: Thoughts On Reclaiming The American Dream" in 2007. Both memoirs won the category "Best Spoken Word Album."

Obama never drinks coffee. He likes black forest berry iced tea. To the best of my knowledge he has no reported fondness for Irn Bru.

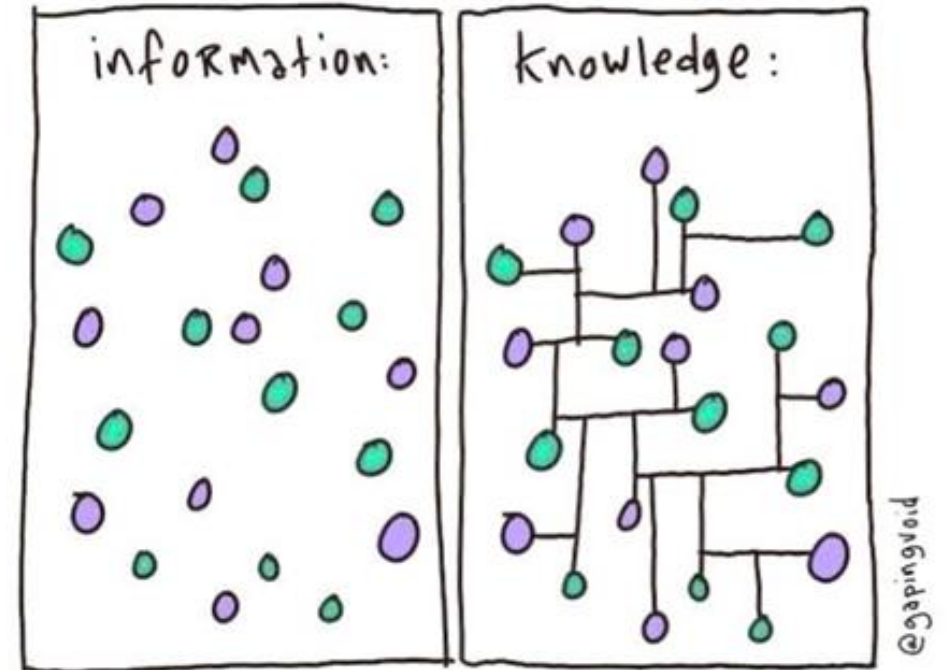


STEP ONE

Preparation

You need to get what you are wanting to revise into a format that helps your thinking. Something that is easy to use. There are lots of techniques you can use, including:

- Working out which topics you need to focus on
- Creating Mindmaps
- Making Cue Cards/Flash Cards
- Summarising notes
- Cornell Note Taking
- Transforming your notes into memorable images
- Designing an evil mock exam paper
- Planning answers to questions



Task:

If you had to write an essay arguing that Barack Obama was a great president which five facts, in priority order, would you base your essay around (number 1 as the most important evidence of his greatness)?

Have a discussion and pick out your top 5 on the sheet.

Barack Obama implemented policies ensuring the expansion of embryonic **stem cell research** leading to ground-breaking work in areas including spinal injury treatment and cancer.



Barack Obama improved healthcare for millions of Americans. He introduced the **Affordable Care Act (ACA)**, which was nicknamed Obamacare and meant the poorest in the country would be able to have healthcare.

Barack Obama signed the Lilly Ledbetter **Fair Pay Act** to combat pay discrimination against women.

Barack Obama **ended the war in Iraq**: in 2010 President Obama declared an end to the seven-year American combat mission in Iraq.

Barack Obama improved school nutrition with the passing of the **Healthy Hunger-Free Kids Act**.

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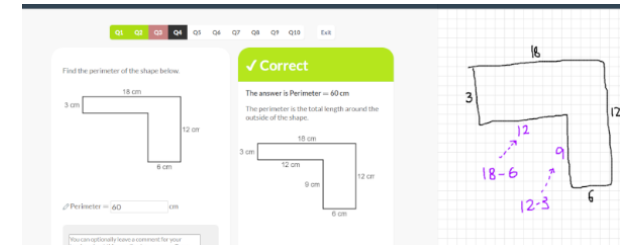
STEP TWO

Performance

This is the stage that makes your learning 'stick'. The only way to commit content to memory is to test yourself, we call this the Performance Stage as you are testing your performance. This is the stage where the magic happens.

Again, there are a lot of techniques that you can use in this stage, including:

- Attempting an exam question WITHOUT NOTES in timed conditions
- Recreating an aspect of your mindmap FROM MEMORY
- Quizzing yourself with your cue cards
- Teaching someone else the topic WITHOUT NOTES
- Reading your teacher's feedback and changing your approach
- Mind Dump – noting down everything you know from a topic
- Practice questions (often online e.g. Dr Frost for maths or Seneca questions, exam board websites)



**You have 20 seconds to mentally
remember the following words:**

1. Night

2. Bed

3. Eat

4. Rest

5. Dream

6. Snore

7. Tire

8. Comfort

9. Restless

10. Slumber

Answers ...

Hands up if you had Night on your list?

Primary Principle

Hands up if you had Slumber on your list ?

Recency principle

Hands up if you had Sleep on your list?

Most creative of everyone here.

**You have 20 seconds to mentally
remember the following words:**

1. Night

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10. Slumber

The Brain and Remembering

Beginnings.

Ends.

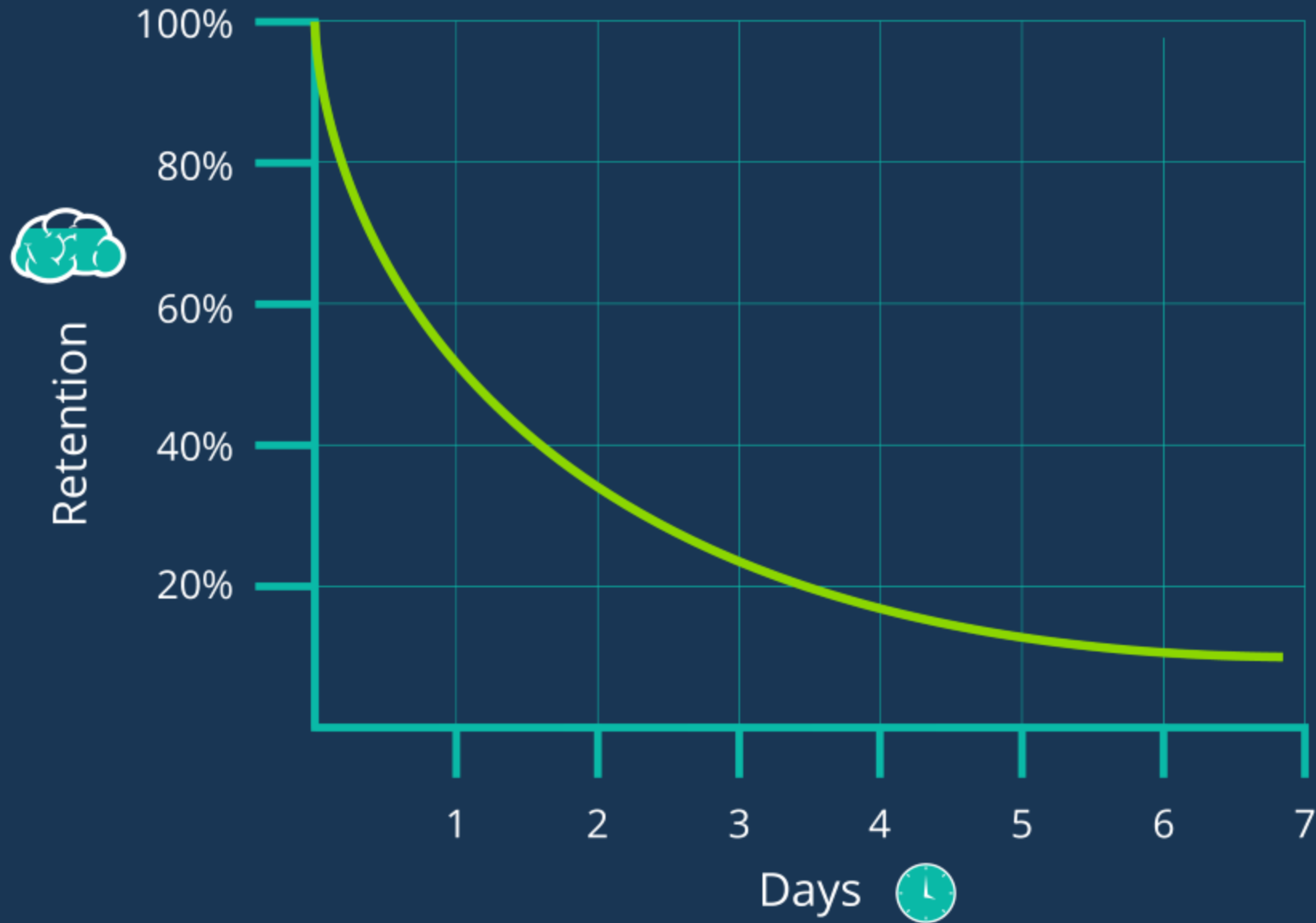
Association with things or patterns already stored.

Something that is outstanding or unique.

Something that appeals strongly to any of the five senses.

Something of particular interest to the person.

THE FORGETTING CURVE



STEP THREE

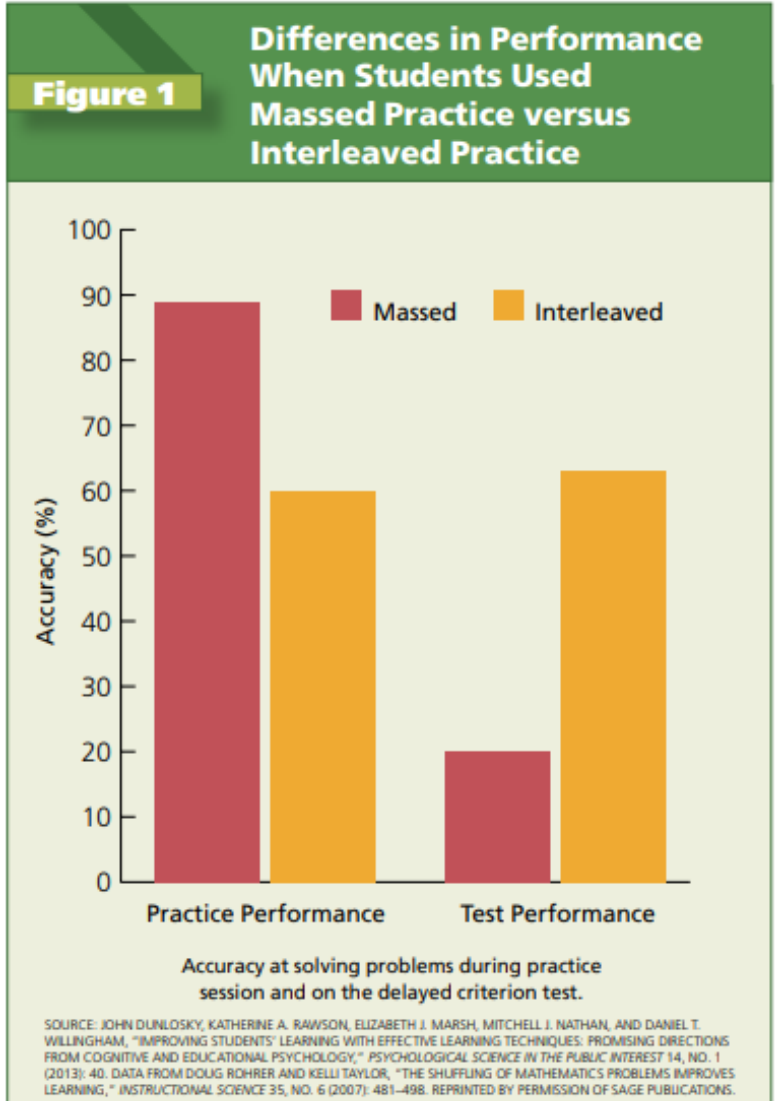
Progress

Revision isn't a last minute cramming session before the exam. IT TAKES PLACE OVER TIME.

M	T	W	T	F
ENGLISH	GEOGRAPHY	MATHS	SCIENCE	FRENCH
ENGLISH	GEOGRAPHY	MATHS	SCIENCE	FRENCH
ENGLISH	GEOGRAPHY	MATHS	SCIENCE	FRENCH

M	T	W	T	F
ENGLISH	GEOGRAPHY	MATHS	SCIENCE	FRENCH
MATHS	FRENCH	SCIENCE	GEOGRAPHY	ENGLISH
SCIENCE	ENGLISH	FRENCH	MATHS	GEOGRAPHY

By mixing up or 'interleaving' what you revise and when, you will remember that material far more effectively simply due to the fact that you will have to revisit that material multiple times with more gaps in between.



TASK:

If you were creating a revision cue card for a paragraph in your Barack Obama essay what would it look like?

What information would you collect together? How would you reduce it?

You've got 3 minutes to create that cue card!

Barack Obama improved healthcare for millions of Americans. He introduced the Affordable Care Act (ACA), which was nicknamed Obamacare and meant the poorest in the country would be able to have healthcare.

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Cue Cards

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Barack Obama implemented policies ensuring the expansion of embryonic stem cell research leading to ground-breaking work in areas including spinal injury treatment and cancer.

...your ideas.

Cue Cards In the PREPARATION STAGE of revision

Strategy One:

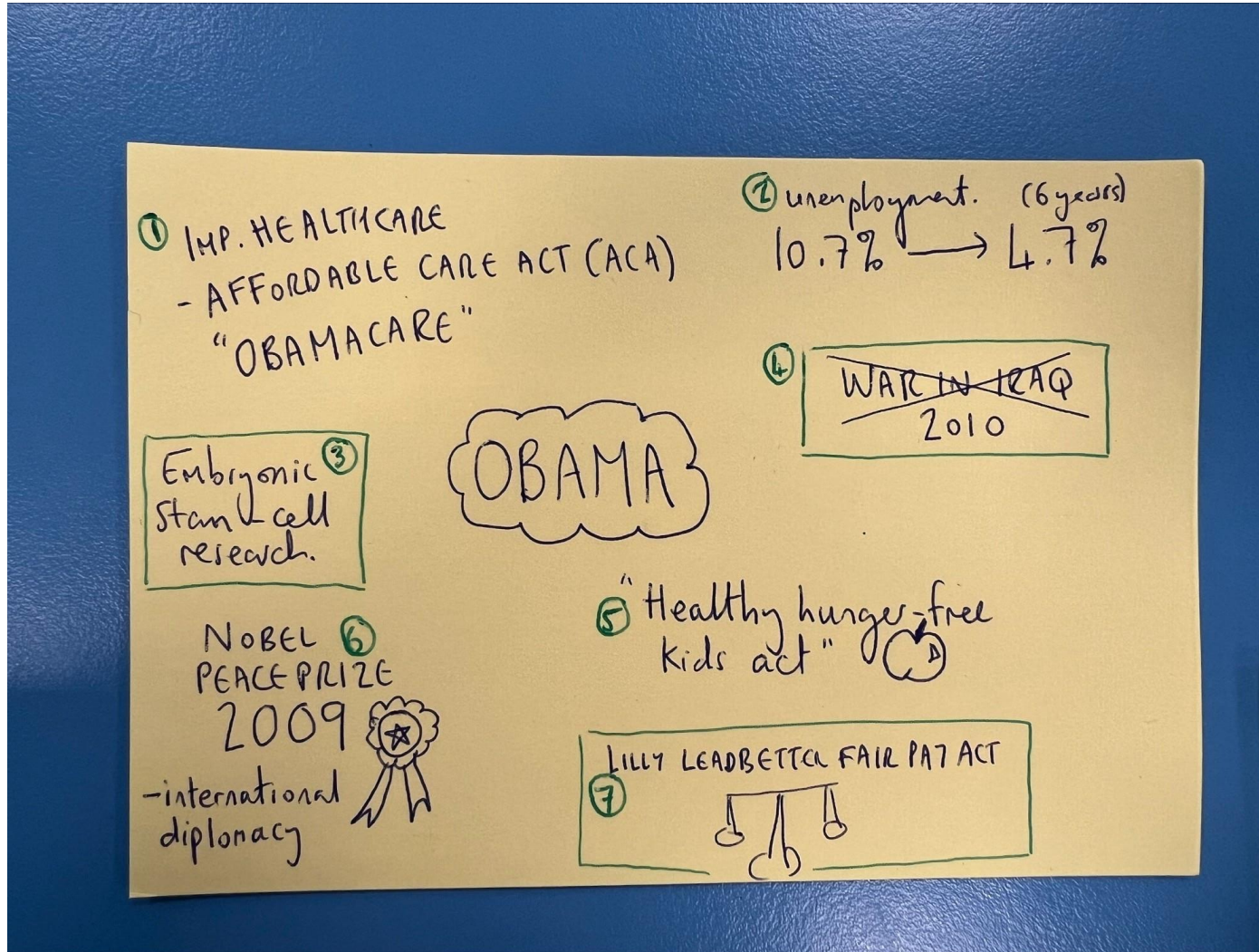
Create questions and answers on your cue card. Decide on which aspects are most important, which you need questions on.

OBAMA

- 1) What was the name of the healthcare act Obama introduced?.
- 2) What happened to the unemployment rate over 6 years of his presidency?
- 3) What was his act to end child hunger called?
- 4) What prize did he win in 2009?
- 5) What war did he facilitate the ending of in 2010?

- 1) AFFORDABLE CARE ACT (ACA) "OBAMACARE"
- 2) FROM 10.7% down to 4.7%.
- 3) HEALTHY HUNGER-FREE KIDS ACT.
- 4) NOBEL PEACE PRIZE.
- 5) WAR IN IRAQ.

Cue Cards In the PREPARATION STAGE of revision



Strategy Two:

Summarise your content onto your cue card.

Key words

Stats

People

NOT FULL SENTENCES...it is to jog your memory, not to copy from.

POYNTON



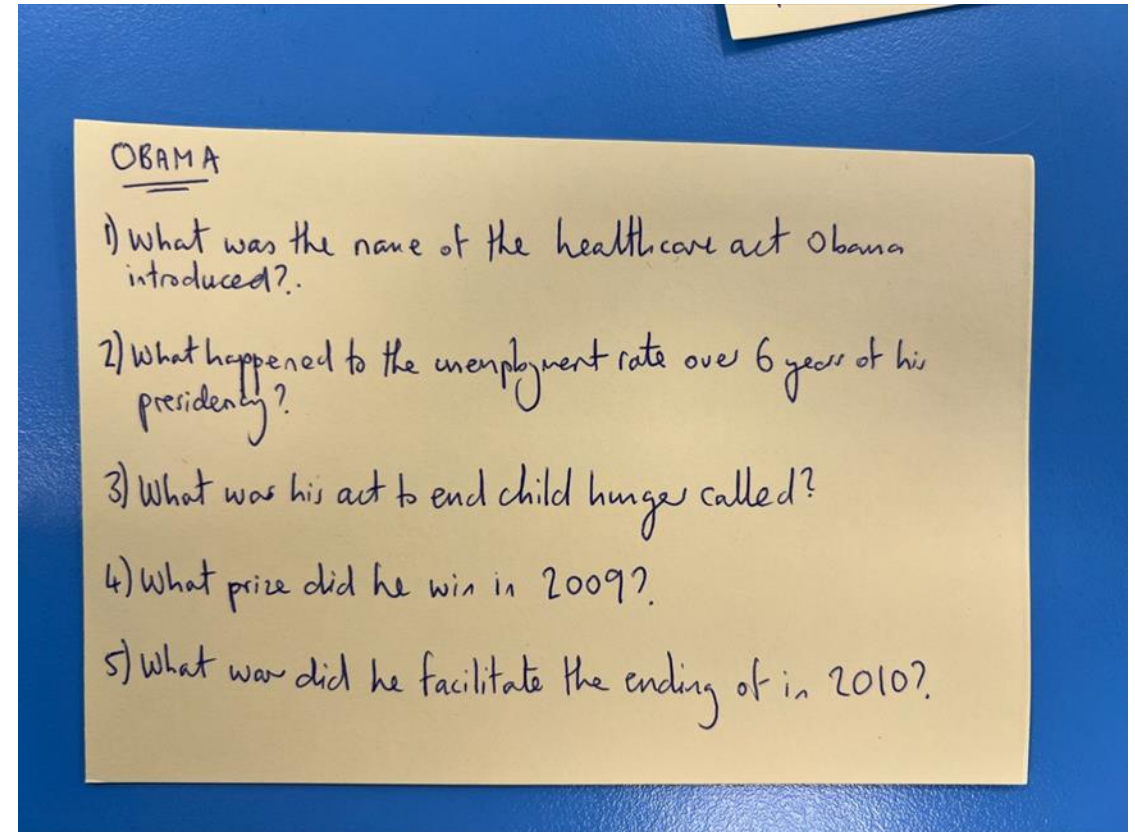
THE CENTRE
OF EXCELLENCE

Cue Cards In the PERFORMANCE STAGE of revision

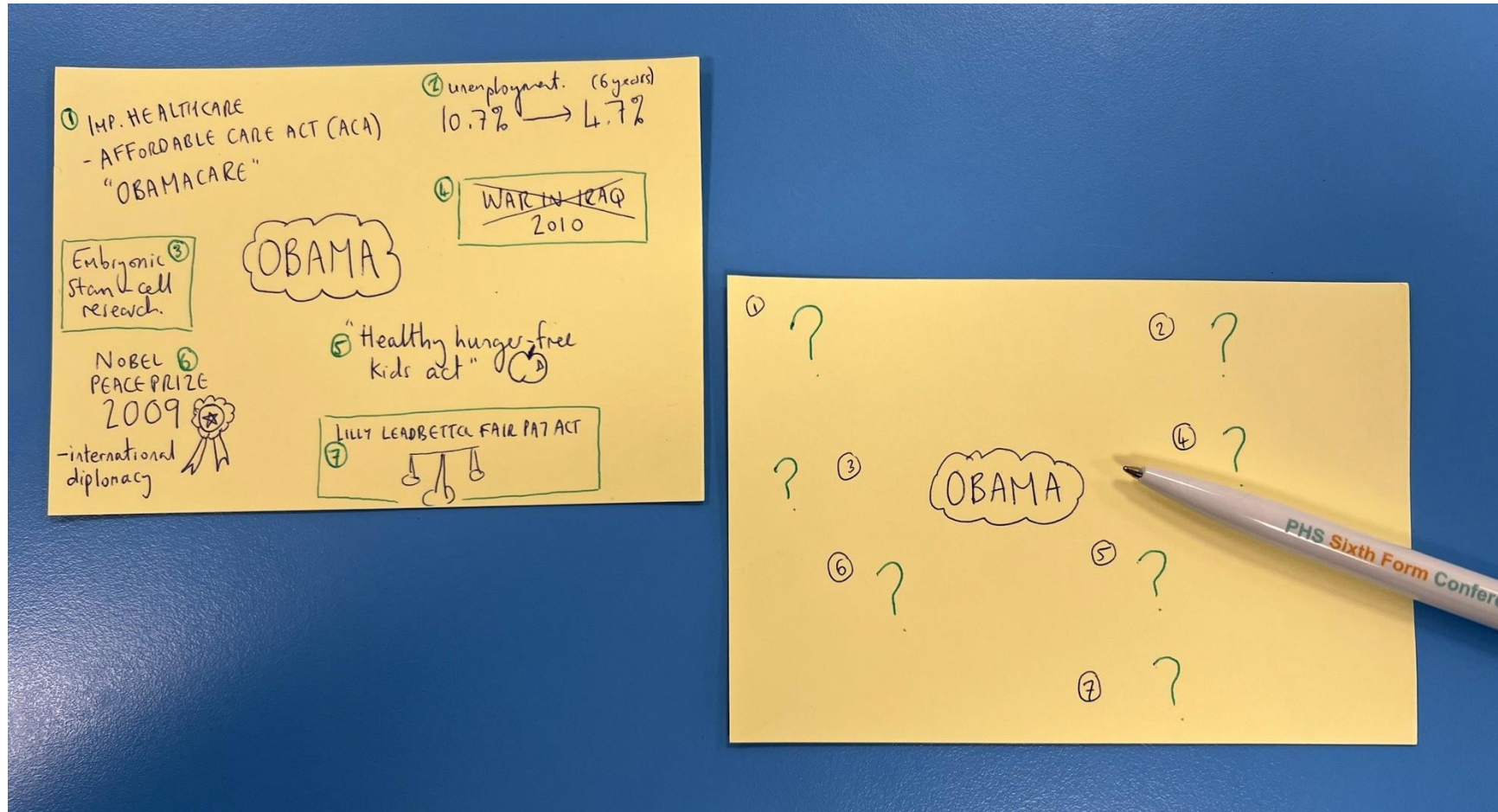
STRATEGY ONE:

Get someone else to test you. Can you answer the questions?

Can you explain the topic to them?



Cue Cards In the PERFORMANCE STAGE of revision



STRATEGY TWO:

Can you recall the content of your cue card? Can you recreate it from memory? OR explain it to someone else?

Cue Cards

PROGRESS over time



Put your cue cards in an order...

Think you've mastered one? Can recall it really well?...then move it to the back.

Create cue cards over time. Test yourself regularly!

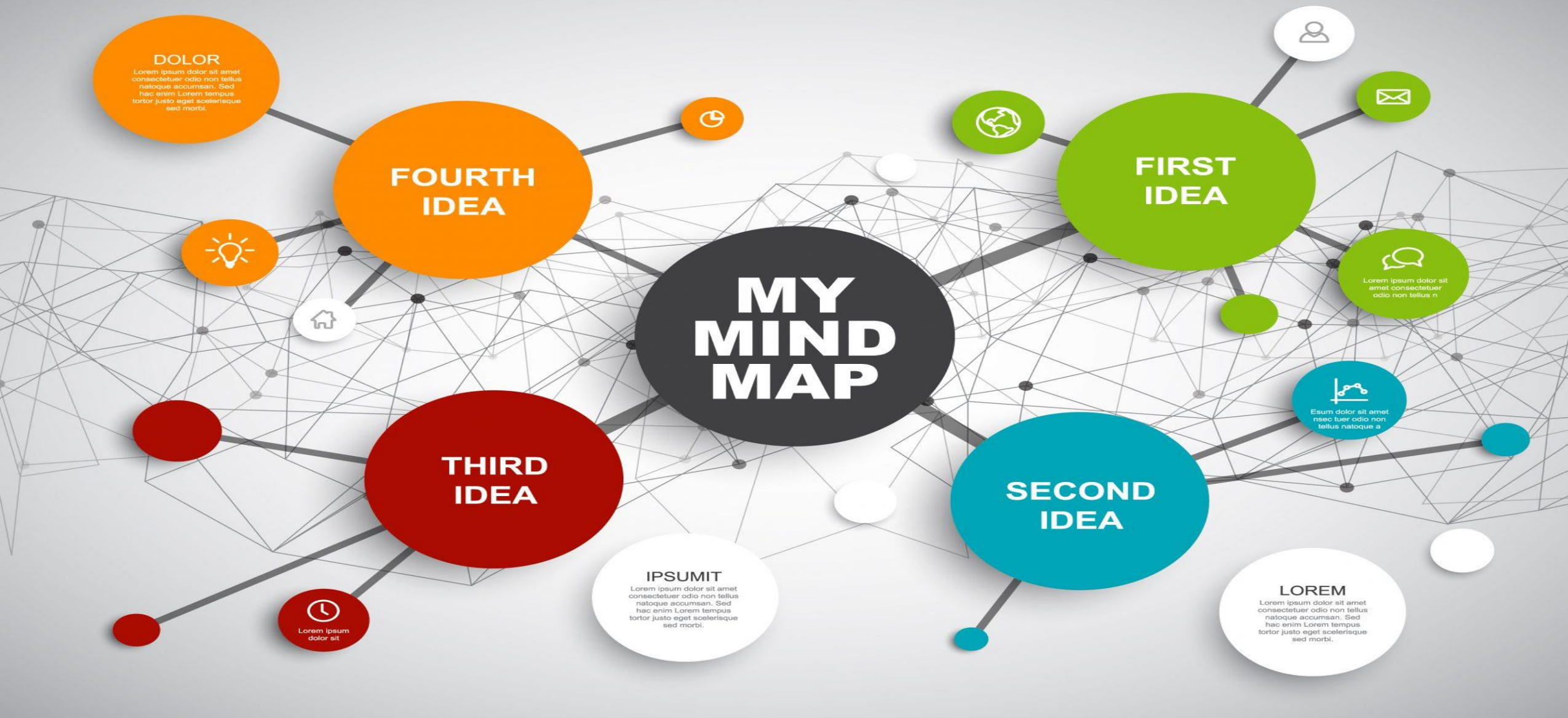
POYNTON



THE CENTRE
OF EXCELLENCE

Mindmaps





Central theme, e.g. – Why did migrants move west?

TIPS for students with SEND

Where

Pick the right environment:

- Light
- Sound
- Avoid distractions/triggers

When

Help them create a timetable and stick to it:

- Pick the right time
- Keep sessions short
- Build in breaks / rewards

How

Adapt revision to suit their preferences:

- Alternative methods – cartoons, rhymes, visuals
- Scaffolding – “I do, we do, you do”
- Decoding questions – command words v. subject specific words



Stress, anxiety and mental health

Communication is key:
create opportunities to
talk, find a go-to
person/place, validate
emotions

Fear of failure: focus on
the positives, help them
be organised, let them see
the bigger picture

Find the balance:
plan down time,
sleep/diet/exercise is vital



Kooth is an online and
confidential service
giving help and advice
about emotional health
kooth.com

kooth

What Year 11 have been doing to support their revision...

- Form time revision session each cycle following a programme to learn about each stage and also have opportunities to practise techniques and strategies from them.

Year 11
HT1
1. Recap – Preparation, performance, progress
2. Revision review
3. Preparation
4. Performance
HT2
5. Mock revision timetable
6. Progress / Revision timetable review
7. Mock exam revision
8. Mock exam revision

Year 11
HT4
1. What to do with feedback
2. Revision Practice 1
3. Planning for half term
HT5
5. Post mock reflection
6. Progress

What Year 11 have been doing to support their revision...

- The Year 11 Google Classroom page has a section all about getting revision right that students can always go to for some support.

2023-Year11


Stream

Classwork


People

Grades

Getting Revision Right


 Preparation, Performance, Progress Intro

Posted Nov 1


 Preparation, Performance, Progress - Stude...

Posted Nov 1


Revision Step 1 - PREPARATION

 Transforming your notes


Posted Nov 1

 Summarising notes

Posted Nov 1

 Subject Review - Where Should You Focus?

Posted Nov 1



...

What Year 11 have been doing to support their revision...

- Assemblies on revision and exam preparation.
- Student development day sessions with a focus on mock reflection, revision and the performance stage of revision.
- Drop in revision session every Tuesday
- All subjects using the same language around revision and supporting with how to revise for their subject.



Practicality of the day...

What if the bus is late?

The bus will arrive, we will be in frequent contact with the bus company and will be aware of the situation. Please stress that they must not get off the bus and attempt to make their own way in to school.

What do I do if my child is unwell?

Any illness that prevents a young person from attending their formal examination must be evidence by a medical professional. Please where possible try to get them in, lots of fluids and paracetamol!

Make sure your child has the timings of the exam correct.

Morning examinations start at 9.00am and afternoon examinations start at 1pm. Students should be arriving 15 minutes before the start of their examination. Please check their timetables with them so that no errors are made.

Please consider taking a break from dangerous/high risk sports.

Special considerations given by the exam boards are exceptionally limited but let us know if there is anything we need to know.

Practicality of the day...

Check seating plans

These will be published on the Year Google Classroom page. It is important that students familiarise themselves with the location of their exam and their individual seats.

Make sure they know their candidate number

This can be found on each student's examination timetable – if they can not locate this please ensure they check with the exams officer.

Watches and phones – watches of any description can no longer be worn. Watches and phones must be switched OFF and in the student's bag.

Stay hydrated – bring a transparent water bottle (any labels must be removed)

Correct equipment & a clear pencil case - A list of all the equipment students will need can be found on the year pages. Please ensure that this is packed the night before, invigilators should not be lending equipment as this can also create a lot of disruption at the start of an exam.

Being Equipped

Equipment. See through pencil case, pencil, black pens, ruler (equipment for subject: calculator, protractor etc) Students MUST be bringing in the correct equipment for each of their exams.

Black pens – get something you like writing with!

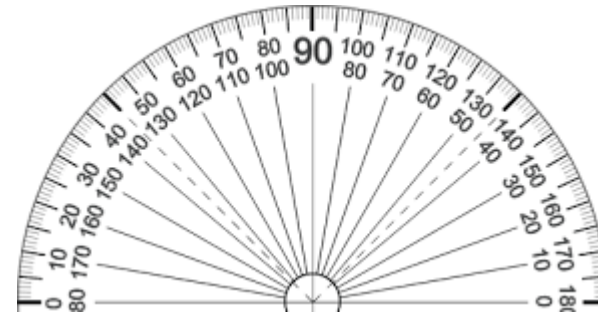


Highlighter



Tissues

Protractor



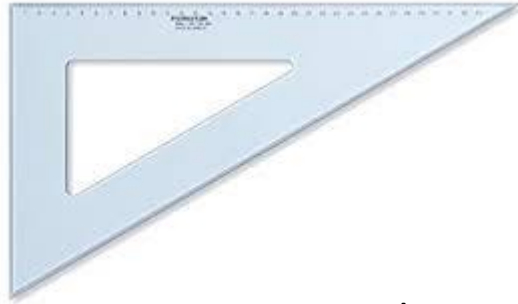
Scientific Calculator



Water Bottle with label removed



Set Square



Pair of Compasses



See-through Pencil Case



Ruler



Pencils



Top Tips

- **Please make a copy of their formal examination timetable** – not only will this be useful for you to check in and make sure they are prepared for the day but it will serve as a much needed ‘back-up’ in the event of the original being lost!
- **Students will remain in school, participating in full lessons up to May half term**, some external examinations will take place during this period.
- **Do not book any holidays before the 1st July!** This is the formal date in which the exam boards do not set any further examinations (including contingency).

